

SORE THROAT

Symptoms:

- Pain or discomfort in the throat, worsens with swallowing.
- Child under 2 may not complain of sore throat, but may refuse previously enjoyed foods or cry with Feedings.

Treatments:

- Gargle with warm salt water (1 tsp per 8 oz. glass of water), over the counter throat sprays or throat drops.
- Give acetaminophen or ibuprofen for comfort – see dosing chart.
- Encourage cold fluids or foods.
- Soft bland diet – avoiding spicy, acidic or rough textured foods.

Call immediately if:

- There is drooling, difficulty breathing, or difficulty swallowing associated with the sore throat.
- The child appears very ill.

Call during regular office hours if:

- Sore throat lasts longer than 24 hours – rapid strep test will be more accurate if symptoms have been present for at least 24 hrs.
- Sore throat accompanied by fever of >102 degrees F.
- Recent contact or exposure to someone with strep throat.
- Accompanied by abdominal pain, vomiting, headache, or rash develops.

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